



Troy's nationally accredited Senior Citizen Program provides activities and services to persons 55 and older. The Troy Community Center serves as a focal point where seniors gather for programs offering support, information, activity, socialization and personal growth.

Senior Newsletter

There are three ways to receive the senior newsletter which is published 10 times per year (the July/August and November/December issues are combined):

1. Pick up a free copy at the Community Center on or after the 27th of the month.
2. Receive the newsletter free via e-mail. Visit the City web site – www.troymi.gov and follow the instructions on the Parks & Rec/Senior Citizen page to subscribe.
3. Receive it by mail by submitting the fee and the registration form at the back of this book. Troy residents pay \$4 per year beginning in July and prorated quarterly. Pay \$4 on or before 8/15, \$3 between 8/16 and 11/15, \$2 between 11/16 and 2/15, and \$1 after 2/16. Non-residents pay \$10 per year, prorated as above. Ask for Activity #135000E.

Call today for your complimentary copy!

Activities

Activities include sports, fitness and creative arts programs, day trips and extended travel, dances and other special events, federally funded hot lunch program, support groups, cards, bingo, gardening, computer classes, driver's retraining, financial planning, health screenings, volunteer opportunities and more. Call 248.524.3484 for details.

Services

Services include a homebound meal program, SHARP home repair program, hospital equipment loan closet, paper shredding, computer lab, library outreach, tax preparation, information and referral, emergency cell phones, and low-income food distribution.

Transportation

Troy Medi-Go Plus provides door-to-door transportation for persons 60 and older Monday-Friday from 8:30 am-4:30 pm for medical trips inside and outside Troy, to the Community Center, and for grocery shopping (Thursday only). There is no fee but donations are accepted. Call 248.457.1100.



SMART provides Dial-A-Ride curb-to-curb service Monday-Friday from 7:30 am-6 pm within the City of Troy. Call 248.362.3436 an hour before desired pick-up time. Troy residents 60 and older and persons with disabilities can purchase half-price tickets at the Community Center.



Gift Shop Features Handmade Arts & Crafts

Over 100 local artisans 55 and older sell handmade arts and crafts at Creative Endeavors inside the Troy Community Center. Additional gift items are also available. Hours are 10 am-2 pm Monday-Saturday and 5-9 pm Tuesday and Thursday.

Consignments are now being accepted. Stop in at the store during store hours with a sample of your work or call 248.526.5145 for details.

Holiday Dinner Dance

at the Troy Community Center
Tuesday, December 9 - 5:30-9:30 pm

Celebrate the holiday season with friends old and new at the Troy Community Center with a delicious dinner and the music by Mike Wolverton. Door prizes add to the fun. Tickets are \$22 per person and must be purchased by Wednesday, November 26. Ask for Activity #148917A.

Travel



The Troy Parks and Recreation Department offers several one day trips each month and several extended trips each year for seniors. See the Senior News for details. Brochures are available at the Community Center for all overnight trips. Upcoming trips include:

Niagara Falls Festival of Lights - Act #118900A

December 7-8 - \$149 per person double, \$199 single, \$129 triple.

"Wicked a New Musical" - Act #148927A

Thursday, December 11 - \$94. Noon -4 pm.

St. Augustine, Florida - Act #118906A

February 17-23 - \$1,119 per person double, \$1,514 single, \$1,124 triple.

Sports

Badminton: Drop-in Fridays from 9:30-10:30 am at the Community Center. \$3 per week – no charge for Community Center Fitness members. Partners not required. All equipment is provided.

Bocce League: Thursday mornings mid-May- August outdoors at the Community Center. Partners not required.*

Bowling League: Mondays, 1:30 pm at Thunderbird Lanes, September through May. Partners not required.

Golf Leagues: A Monday morning league and a Wednesday morning league play at Sylvan Glen.*

Pickleball: Drop-in Fridays from 10:30 am-12:30 pm at the Community Center. \$3 per week - no charge for Community Center Fitness members. Sunday mixer 6-8 pm. \$5/session. Partners not required. All equipment is provided.

Shuffleboard League: Tuesday mornings mid-May- August outdoors at the Community Center. Partners not required.*

Softball - Mens: Men 50 and older play other cities in Oakland County on Thursday evenings.* Men 55 and older play other cities in Oakland and Macomb counties on Monday and Wednesday mornings, May - August.* Men 70 and older play in

the Michigan Senior Softball League in Warren on Tuesday and Thursday mornings. Call Ed Forst at 248.689.6572 about the 70 plus league.

Softball - Womens: Women 50 Plus play softball against other cities in Oakland County on Tuesday evenings May through August.* Call Elaine Torvinen at 248.524.3484 for details.

Table Tennis: Tuesdays and Thursdays at 10 am at the Community Center, year round.

Tennis Leagues: An informal, free drop-in outdoor league meets on Tuesday and Friday mornings May through September. A Wednesday afternoon league meets indoors at the Troy Racquet Club fall and winter. See the sports section of the fall and winter Troy Today indoor league information.

Volleyball - Mens: The Troy men's 55 and over teams play in a league on Tuesday mornings in Warren with practices on Monday and Thursday from 9:30-11 am at the Troy Community Center September through March. See below.

Volleyball - 50 Plus Co-ed Drop In: Drop in for pick up volleyball games on Wednesday evenings at the First United Methodist Church on Livernois, north of Square Lake, January through March from 7:30-9 pm.

*Registration required. See the *Senior News* for details.

Fitness

All classes meet at the Troy Community Center.

Aquatic Exercise: Tuesday and Thursday at 9 am and at 10 am.*

Balance and Stretch: Monday and Wednesday 9 am.*

Chair Exercise: Monday, Wednesday, and Friday at 11 am. Drop-in. \$1.50 per class. (Video - no instructor - on Friday. Friday class is free.)

Muscle Strengthening: Tuesday and Thursday at 10 am.*

Pilates: Tuesday and Thursday at 11 am.*

Senior Fitness: Tuesday and Thursday at 1 pm.*

Stretch and Tone: Monday and Thursday at 11 am. Drop-in. \$1.50 per class.

Tai-Chi: Mon. afternoons - three levels.*

Yoga: Monday and Wednesday at 11 am.*

Walking Club: Thursdays at 10:30 am. Record your progress on a chart at the Community Center.

Zumba Gold: Tuesdays and Fridays at 10 am and Wednesdays at 7 pm. Drop in. \$5 per class

*Registration and fee required – see the *Senior News* for details.



Adult Doubles Pickleball Troy Community Center Gym

New

LADDER: Limited to first 20 registered (competitive)

Activity #: 118998A Sundays, 6-8 pm

Session: Jan 4- Feb 22 8 weeks

Fee: \$35 for residents (\$40 for non-residents)

Ladder competition among players of equal ability levels.

DROP-IN MIXER: Sundays, 6-8 pm Jan 4-Feb. 8 (6 weeks)

\$5 per week payable on entry

Drop-in play will occur with some informal instruction available.

All equipment is provided. Partners are not required. If you have any questions contact Elaine at 248.524.3484.

50 Plus Volleyball Begins January 7

Pick up volleyball games for men and women age 50 and older at the First United Methodist Church, 6363 Livernois, north of Square Lake, Wednesdays from 7:30-9 pm. The 10-week session begins January 7. The fee is \$50. Ask for Activity #118997D. Ten people must register by January 2nd or program will be cancelled.

2009 Golf Leagues

Members of the 2008 golf leagues may register now for 2009. New golfers may register beginning December 15, 2008. Leagues are offered on Monday and Wednesday mornings at Sylvan Glen. Subs are also needed for the leagues. See the *Senior News* for details.



SeniorNet®

Bringing Wisdom to the Information Age.

The SeniorNet computer lab at the Troy Community Center features classes for ages 50 and older taught by senior volunteers. Learn to use a computer, access the Internet, and connect to

family and friends through email in a friendly, low-pressure setting. Day and evening classes are offered and they run from one to four weeks depending on the class. Free retakes are offered if you need to reinforce what you have learned.

For a complete schedule of classes and detailed course outlines, see the Senior News or visit the SeniorNet website at www.seniornet.org/usa/troy

Classes include:

Computer Fundamentals - For those who have no previous knowledge of computers or feel that technology is beyond them. Become familiar with computer basics while building self-confidence. Two weeks/four sessions/\$34.

Intermediate Computer Skills - This course builds on Computer Fundamentals with a hands-on introduction to Windows, file management, word processing, internet, email, and more. Four weeks/eight sessions/\$50.

Internet Using Explorer Version 7 - Learn to use the internet. Three weeks/six sessions/\$42.

Introduction to Word Processing - Learn to use Microsoft Word to create letters and other documents. Four weeks/eight sessions/\$50.

Windows XP - Learn the Windows XP operating system including creating folders and finding files, copying and restoring files, backing up, and maintaining your hard drive. Four weeks/eight sessions/\$50.

Safeguarding Your Computer and Personal Data - Learn how to protect your computer and personal data. Two weeks/four sessions/\$34.

Digital Imaging Using PhotoShop Elements - Learn to work with digital photos. Four weeks/eight sessions/\$50.

Introduction to Genealogy - Learn to use Family Tree Maker to create your family tree. Four weeks/eight sessions/\$50.

Introduction to Excel - Learn to use Microsoft Excel spreadsheet software. Four weeks/eight sessions/\$50.

Drop-In Computer Lab

The senior computer lab at the Troy Community Center is open for free drop-in use on Mondays and Wednesdays from 9:30 am-noon and on Fridays from 9:30 am-4 pm. In addition, two computers are available Monday-Friday from 8 am-5 pm in the senior reading room with Internet access but no printer.

Art and Music

All programs meet at the Community Center.

Acrylic and Oil Painting Lessons - Tuesdays from 1-3 pm.*

Ballroom Dance Lessons - Wednesdays 1-2 pm. \$4 at the door.

Chorus - Fridays at 9:30 am, September - June. Free.

Harmonica Club - Mondays, 10-11 am, September - June. Drop-in. Free.

Harmonica Lessons - Mondays, advanced at 9 am and beginners at 9:30 am., Sept. - June. Free.

Heritage Concert Band - 1st and 3rd Wednesday at 7:30 pm. Free.

Line Dance Lessons - Wednesdays at 8 pm. Drop-in, \$3 at door.

Needlework Club - Tuesdays at 10 am. Drop-in, Free.

Painting Club - Thursdays 9-11 am. Drop-in, Free.

Piano Keyboarding Lessons - Monday mornings.*

Pottery Classes - Monday and Tuesday evenings and Wednesday mornings.*

Quilting Group - Wednesdays, 9 am-4 pm. Free.

Square Dance Lessons - Beginner lessons Mondays, 7-8:15 pm. \$3.50 at the door. Call Myrna at 248.689.8256 for more information.

Tap Lessons - Beginners on Tuesdays at 2:15 pm, intermediate on Tuesdays at 1:15 pm.* Call instructor Terry Slater for more information: 248.879.37321.

Woodcarving Club - Mondays at 8:30 am. Drop-in. Free.

*Registration and a fee required. See the *Senior News* for details.

Don't Miss....

Annual Senior Craft Show

at the Troy Community Center, Nov 22 - 9 am-3 pm

Admission: \$1 donation



Senior Concerts

The following concerts will be held at the Community Center and are *free* and open to the public. Each concert will last approximately one hour.

Mouth Organ Grinders Harmonica Concert

Monday, December 15 at 10:30 am in Room 304/305.

Golden Choraliers Concert

Friday, December 19 at 10:30 am in Room 304/305.

Donate Old Cell Phones

Retiring your old cell phone? Drop it off at the Community Center to be used for senior citizen emergency purposes or recycled. Old cell phones including the Migo and Firefly with big buttons for vision impaired, even without a service plan, can be used to call 911. Excess phones not needed for this purpose will be recycled for their precious metals or refurbished to use in developing countries, and the senior program will be paid for these phones. Keep your phone out of our landfills and provide funds for our senior program.

Anyone Can Paint

Join popular award-winning artist and television host Steve Wood as he shares his painting tips and techniques that will have you painting like an artist in the very first class. He demonstrates and paints right along with the class. An 11 x 14 completed painting will be accomplished by the end of the session. Paint, brushes, canvas boards and all other supplies are included in the fee. Space is limited. Pre-registration is required.

Location: Troy Community Center

Fee: \$24

Act #	Subject of Painting	Date	Time
145932G	Winter scene w/snowman	Dec. 11	1-3 pm
145932H	Winter scene w/snowman	Dec. 11	7-9 pm
145932I	Moonlit lighthouse	Jan 8	1-3 pm
145932J	Moonlit lighthouse	Jan 8	7-9 pm
145932K	Summer scene with river	Feb 12	1-3 pm
145932L	Summer scene with river	Feb 12	7-9 pm
145932M	River in woods w/waterfall	Mar 12	1-3 pm
145932N	River in woods w/waterfall	Mar 12	7-9 pm

Grandparent/Grandchild Swim

Monday, December 29, 2-4:30 pm at the Community Center

Act #148993A - \$5 per person

Bring your grandchildren to swim at the Community Center and then enjoy cookies and beverage afterwards from 3:45-4:30 pm. This event will take place during regular swim hours and a lifeguard will be on duty. Children under age 10 must be accompanied in the water by an adult. Bring as many family members as you wish, but each one must purchase a ticket. Non-residents welcome.

Senior Speed Dating

Tuesday, December 2 at 6:30 pm

Men and women age 55 and older are invited to Troy's second senior speed dating event on Tuesday, December 2 from 6:30-9 pm at the Community Center. Men and women will have 5 minutes to chat before the men move to the next table. Afterward, appetizers and beverages will be served and participants may mingle freely. This event provides an opportunity for anyone looking for companionship or friendship to meet and socialize. **Register by November 25.** Fee: \$10 per person.

Men: Act. #145901C

Women: Act. #145901D

Volunteers

Make a Difference!

More than 150 volunteers make an enormous contribution to the senior citizen program. If you would like to share your time and talent and would like more information, please call 248.524.3484 and ask for a senior program volunteer application.

Opportunities include:

- Computer Lab Instructors and Coaches
- Program Leaders
- Tax Counselors
- Information Desk/Hospitality Committee
- SHARP Home Repair Program (see below)
- Homebound Meal Delivery
- Creative Endeavors Senior Store and More!

SHARP Home Repair

SHARP (Senior Home Assistance Repair Program), offered in partnership with the North Woodward Community Foundation, provides free home repairs for senior citizens and persons with disabilities. To make a request for service, call the Community Center at 248.524.3484.

Troy Hearing Loss Support Group

Troy's new hearing loss support group will provide information, education and support for people with hearing loss in a comfortable and accepting environment. The group will meet on the second Wednesday from 6:30-8 pm at the Troy Community Center. This group is for anyone with a hearing loss or anyone who cares about someone with a hearing loss. It is brought to you in part through a grant from the North Woodward Community Foundation. There is no charge and reservations are not required.

AARP Free Tax Aide

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will help low to moderate income seniors prepare tax forms at the Community Center each Friday from 9 am-3 pm, Feb 6-April 13. A limited number of appointments will be accepted. Walk-ins will also be accepted as space allows – first come, first served. Call 248.524.3484 starting Feb 1 to make an appointment. Telephone assistance is not available. If you are homebound and cannot get anyone to bring your forms in, call 248.524.3484 and a tax counselor will call you back to schedule an appointment to come to your home.

Thank You
To Our Sponsors

Thank you to the following Adopt-Our-Senior-Center Sponsors:

Health Alliance Plan

North Woodward Community Foundation

City of Troy Employees Casual for a Cause

For information about sponsoring a senior program, visit Troy's website at www.troymi.gov and click on Parks & Rec/Senior Citizens/Adopt-Our-Senior-Center.